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BLASTHWIN11

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## RECIPE: Minestrone Soup

Looking for the perfect meal for a cold winter night? Try this cholesterol-free classic Italian vegetable soup full of heart-healthy, fiber-rich beans, peas, and carrots from the feds’ Stay Young at Heart program.

### Ingredients

1/4 C	olive oil
1 clove	garlic, minced or 1/8 tsp garlic powder
1-1/3 C	coarsely chopped onion
1-1/2 C	coarsely chopped celery and leaves
1 can (6 oz)	tomato paste
1 Tbsp	chopped fresh parsley
1 C	sliced carrots, fresh or frozen
4-3/4 C	shredded cabbage
1 can (1 lb)	tomatoes, cut up
1 C	canned red kidney beans, drained/rinsed
1-1/2 C	frozen peas
1-1/2 C	fresh green beans
dash	hot sauce
11 C	water
2 C	uncooked, broken spaghetti

### Preparation

- Heat oil in a 4-quart saucepan.
- Add garlic, onion, and celery and sauté about 5 minutes.
- Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
- Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
- Add uncooked spaghetti and simmer 2-3 minutes only.

### Yield: 16 one-cup servings

### Nutrition Information:

Calories: 153  
Total fat: 4 g  
Saturated fat: less than 1 g  
Cholesterol: 0 mg  
Sodium: 191 mg



# SMART LIVING with Asthma

Winter 2011



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## Warning: Smoking Causes Immediate Damage

Think you’re safe if you just smoke a little bit? Bad news. Exposure to tobacco smoke — even occasional smoking or inhaling someone else’s secondhand smoke — causes *immediate damage* that can lead to disease and death, the U.S. Surgeon General warns in a new report.

Cigarette smoke contains a deadly brew of 7,000 chemicals and compounds. Hundreds of them are poisonous and at least 70 cause cancer. *Each time* you take a puff or inhale secondhand smoke, these chemicals spread throughout your body, damaging blood vessels and cells in nearly every organ, according to the report.

“There is no risk-free level of exposure to tobacco smoke,” Regina Benjamin said in releasing her first report as Surgeon General. She cautioned that even a single puff or brief exposure to secondhand smoke causes heart disease and can trigger a heart attack, stroke or other cardiovascular event.

“The chemicals in tobacco smoke reach your lungs quickly every time you inhale causing damage immediately,” Benjamin said. She stressed that “inhaling even the smallest amount of tobacco smoke” can cause cellular damage that can lead to cancer.

**Harmful effects.** According to the report, tobacco smoke is responsible for 85 percent of lung cancers

and can cause cancer in any part of the body. It also causes or worsens more than a dozen chronic health conditions, including heart disease, asthma, chronic obstructive pulmonary disease (COPD) and migraine.

The report warns that tobacco smoke also:

- Makes it harder for diabetics to control their blood sugar
- Makes it harder to get pregnant
- Damages fetal lung and brain tissue
- Causes miscarriages and pre-term deliveries
- Ups the risk of sudden infant death syndrome

Worried? You should be. The good news is if you smoke, quitting will help. So will avoiding others’ smoke.

“This report makes it clear – quitting at any time gives your body a chance to heal the damage caused by smoking,” Benjamin said “It’s never too late to quit, but the sooner you do it, the better.”

*So don’t smoke. And if you do — stop!*

Need help kicking the habit? Talk to your doctor or check out smoking cessation programs online and in your community. You can also call 1-800-QUIT-NOW for help.



# Are You *Really* Having a Stroke?

A stroke can happen any time and any place. Would you recognize if you or someone else were having one? Following are the warning signs. Learn them. And call 911 *right away* if you or someone else experience *any* of them.

**Stroke warning signs:**

- Sudden numbness or weakness of the face, arms or legs, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, trouble walking, loss of balance or coordination
- Sudden severe headache with no known cause

The symptoms may last or come and go.

**Reduce your risk.** An estimated 795,000 Americans suffer a new or recurring stroke every year. You can lower your risk of a first stroke by 80 percent by maintaining a healthy lifestyle, according to new guidelines issued by the American Heart and American Stroke associations. That means eating a

diet rich in fruits and veggies, exercising, keeping blood pressure in check and *not* smoking.

Stroke occurs when normal blood flow to the brain is interrupted. Brain cells die if blood can't bring them nutrients and oxygen.

There are two kinds of stroke. Most strokes are caused by blood clots. These are called ischemic strokes. The other type, called hemorrhagic stroke, is caused by a broken or leaking blood vessel in the brain. A common symptom of the latter is a very sudden, extremely painful headache.

Signs of ischemic stroke include sudden weakness on one side of the body and trouble talking, walking, seeing or thinking. Brain damage in ischemic strokes can be limited if patients are treated with a clot-busting drug called tissue plasminogen activator (tPA). But the drug must be administered *within three hours* of onset of stroke signs. So try to keep track of when symptoms start.



# Stressed Moms May Worsen Kids' Asthma

Moms who are often angry, irritated or stressed may make their children's asthma worse, according to new research.

Japanese researchers studied 223 mothers with asthmatic children (between 2 and 12 years of age) for a year. Their goal was to gauge whether the moms' mood and coping and parenting styles contribute to the severity of their kids' disease.

**Parenting style.** The scientists asked the volunteers about their tendency to reject, dominate, overprotect or indulge their children. They also monitored their parenting styles and how they cope with emotional upset.

The findings, reported in the journal *BioPsychoSocial Medicine*: moms of younger children (under 7) seemed to make symptoms

worse if they were openly angry, stressed or irritated – or if they had a tendency to try to hide their feelings. They appeared to worsen the symptoms of older kids if they were too overprotective or interfered a lot in their lives.

Researchers' advice: *Moms should try to relax – and take better care of themselves so they're not so irritated and stressed.*



# Watch Out for Fireworks!

Fireworks displays may be a blast. But don't get too close. A new study found that tiny metallic bits in smoke emitted by fireworks pose a health risk, especially to people who suffer from asthma and other respiratory ills.

According to the study, published in the *Journal of Hazardous Materials*, the brilliant colors and effects of fireworks are achieved by adding different metals to the gunpowder. During fireworks displays, tiny metal particles are released into the air. The particles are so teensy, they can be inhaled into the lungs.

**Danger.** Researchers say inhaling the particles — even just a few times a year — isn't good for



anyone's lungs. But it's especially dangerous for people with asthma, chronic obstructive pulmonary disease (COPD) and other respiratory problems.

The answer? Avoid fireworks. Don't want to be left out? Stay well back away from the dense smoke — and pay attention to the wind direction, the researchers advise.

They also recommend that fireworks displays only be held in places that ensure the smoke plume that follows will blow *away from* densely populated areas.

# Buyers Beware: Smokers' Homes Polluted

Moving into a new home? Beware. It may have dangerous ghosts of smokers' past. A new study found that if previous occupants smoked, they probably left behind a trail of tobacco smoke pollutants.

University of San Diego researchers examined the homes of 50 nonsmokers and 100 smokers before and after they moved out. They measured levels of nicotine in the air and on participants' fingers. They also collected urine samples from nonsmoking residents and analyzed them for traces of cotinine, a tobacco smoke marker.

**Thirdhand smoke.** Their findings, published in the journal *Tobacco Control*: there were tobacco smoke pollutants – also called thirdhand smoke – in the dust and carpets as well as on the walls, ceilings and other surfaces of former smokers' homes.

This was the case even in homes that had been cleaned, re-painted and vacant for as long as *two months*.

Researchers also found that new residents had higher levels of nicotine and cotinine after they

moved into places where smokers once lived.

"The homes of smokers become reservoirs of tobacco smoke pollutants," study author Georg Matt said. "When new nonsmoking tenants come into contact with polluted surfaces and inhale suspended microscopic dust, they are unknowingly exposed to tobacco smoke toxins (poisons)."

Scientists are still assessing the potential dangers of thirdhand smoke. But researchers warn it could pose a special risk to babies who crawl on floors or suck on household items.

Studies have also shown that thirdhand smoke may be particularly dangerous for people with respiratory problems like asthma and chronic obstructive pulmonary disease (COPD).

